

**Crew Rest**

GMT	Crew	Activity
08:30–08:40		Morning inspection
08:40–09:10		Post-sleep
09:10–09:30	CDR, FE-2 (assist)	Blood test ( <i>tagup w/ ground specialist on S-band</i> )
09:30–10:20		BREAKFAST
10:20–10:40	FE-1	RENAL STONE: end of urine collection
	FE-2	RENAL STONE: urine collection
10:20–10:25	CDR	PLANTS-2: payload status check
10:40–10:50	FE-1	Payload status check
11:10–11:15	CDR	Calldown of CП flash counter status
11:15–11:20		Calldown of CBO water supply status
12:30–12:50	FE-2	RENAL STONE: urine collection
12:35–12:40	FE-1	Prep for ham radio pass
12:40–12:50		Ham radio pass
12:50–13:50		Physical exercise (CEVIS)
13:05–13:20	CDR	Private family conference ( <i>S+Ku-band</i> )
13:45–14:00	FE-2	
13:50–15:20	FE-1	Physical exercise (RED)
14:10–15:40	FE-2	Physical exercise (TVIS + active rest / day 4)
15:10–15:40	CDR	Copying data from CARDIOCASSETTE-2000 and OCA downlink ( <i>Ku-band</i> )
15:20–15:35	FE-1	Private family conference ( <i>S+Ku-band</i> )
15:40–16:40		LUNCH
16:40–16:55	FE-2	RENAL STONE: metabolic log
16:55–17:15		RENAL STONE: urine collection
16:55–17:10	CDR	RENAL STONE: metabolic log
18:00–18:30	FE-1	CWC fill
18:45–19:25	CDR	Maintenance of COЖ
19:25–20:55		Physical exercise (TVIS + active rest / day 4)
19:35–19:55	FE-2	RENAL STONE: urine collection
19:55–20:55		Physical exercise (VELO + Load Trainer-1 / day 4 [active rest])
20:55–21:25		Daily plan review
21:25–21:40		Daily planning conference ( <i>S-band</i> )
21:40–22:10		Prep for work
22:10–22:40		DINNER
22:40–23:00		Daily food prep
23:00–00:00		Pre-sleep
00:00–08:30		SLEEP

**NOTE:** 1. See OSTP for references to US ODF  
 2. FE-2: URAGAN

End of radiogram